

Plan ahead to manage holiday triggers

Often right before we spiral into anxiety, there are warning signs.

A warning sign might be a change in your behaviour, thinking, or a sensation in your body. Knowing what your warning signs are can help you catch yourself before you spiral.

Warning signs might include:

<p>Physical sensations</p> <ul style="list-style-type: none"> • restlessness, jumpiness, can't sit still • feeling nervous a lot • racing heart 	<p>Thoughts</p> <ul style="list-style-type: none"> • repetitive or cycling thoughts • obsessing about things that have happened in the past • self-criticism and negative self-talk
<p>Behaviour</p> <ul style="list-style-type: none"> • not eating enough or overeating • poor sleep • forgetfulness 	<p>Feelings</p> <ul style="list-style-type: none"> • hopeless • irritable or angry • fear or panic

Knowing what your warning signs are is important because it can help you to take action before anxiety becomes overwhelming.

Once you've identified your early warning signs, you can make a plan to address them.

If you feel comfortable, share your plan with a supportive person ahead of time.

My wellness plan

This is what I'm like when things are going well:



Every day I need these things to keep my life in balance:

I need less of these things:

When these things happen, I notice myself getting more anxious:

My wellness plan

Some of the early warning signs I've noticed in myself are:

Physical sensations	Thoughts
Behaviour	Feelings

These things help me manage my anxiety:

When I need help these are the people I can turn to:

- 1.
- 2.
- 3.
- 4.
- 5.

